SPIRAL MENU: FRENCH WEEK JULY 8TH TO 14TH

**MONDAY, JULY 8TH: LOIRE VALLEY**

* HOT DISHES
	+ Poached fish with white butter sauce and broccoli
	+ Potée sarthoise
	+ Pork filet mignon with brie sauce
	+ Galipettes (stuffed mushrooms with escargots)
* COLD DISHES
	+ Vegetables and fresh goat cheese terrine
	+ Pâté Berrichon
* DESSERT
	+ Gâteau nantais

**TUESDAY, JULY 9TH: BORDEAUX**

* HOT DISHES
	+ Beef medaillon with bordelaise sauce
	+ Matelote d’anguilles au Bordeaux (fresh eel stew in wine sauce)
	+ Roasted duck breast with bigarade sauce
	+ Duck confit
* COLD DISHES
	+ Salade Périgourdine
	+ Chicken liver mousse on toast
* DESSERT
	+ Cannelés de Bordeaux

**WEDNESDAY, JULY 10TH: PROVENCE**

* HOT DISHES
	+ Bouillabaisse
	+ Beef Daube Provençal
	+ Pistou soup
	+ Shrimps flambé with Pernod
* Cold dishes
	+ Salade niçoise
	+ Anchoyade
* DESSERT
	+ Roasted peaches with thyme and lemon

**THURSDAY, JULY 11TH: RHONE / BOURGOGNE**

* HOT DISHES
	+ Beef bourguignon
	+ Escargot bourguignon with fresh thyme
	+ Gratinée Lyonnaise (French onion soup)
	+ Fish quenelles
* COLD DISHES
	+ Saucisson de Lyon
	+ Cervelas salad
* DESSERT
	+ Pets-de-nonne

**FRIDAY, JULY 12TH: ALSACE**

* HOT DISHES
	+ Choucroute garnie (sauerkraut)
	+ Baeckeoffe
	+ Flammkuchen
	+ Fish with Riesling sauce
* COLD DISHES
	+ Alsatian salad
	+ [Potatoes a L'alsacienne](https://www.pinterest.com/pin/228205906090381887/)
* DESSERT
	+ Foret noire (black forest cake)

**SATURDAY, JULY 13TH AND SUNDAY, JULY 14TH: MEDLEY**

* HOT DISHES
	+ Poached fish with white butter sauce and broccoli
	+ Beef medallion with bordelaise sauce
	+ Bouillabaisse
	+ Beef bourguignon
	+ Flammkuchen
* COLD DISHES
	+ Vegetables and fresh goat cheese terrine
	+ Chicken liver mousse on toast
	+ Salade niçoise
	+ Potatoes a L'alsacienne
	+ Cervelas salad
* DESSERT
	+ Gâteau nantais
	+ Cannelés de Bordeaux
	+ Roasted peaches with thyme and lemon
	+ Pets-de-nonne
	+ Foret noire (black forest cake)